Xolair® Omalizumab
FOR SUBCUTANEOUS USE 150 mg • 300 mg

Journey Guide

How to Prepare for Your Next Appointment

Although your chronic hives may have no known cause, there are still treatment options available. If H1 antihistamines haven't provided you relief, ask your allergist about XOLAIR. XOLAIR is for people 12 years of age and older with chronic spontaneous urticaria (CSU) not controlled by H1 antihistamines.

To help make the next discussion with your allergist as productive as possible, complete this guide to create a custom list of your thoughts and questions to have at your next appointment.

Your Journey With Chronic Hives

How long have you been experiencing symptoms of chronic hives?

How often do your hives appear?

Where are your hives usually located?

- ◯ Face
- ◯ Back
- ◯ Neck
- ◯ Legs
- ◯ Arms
- ◯ Feet
- ◯ Chest
- ◯ Other:

★ Bring photos of your hives during flare-ups to share with your doctor.

What is your itch severity?

- ◯ **None**
- ◯ **Mild:** Present but not troublesome
- ◯ **Moderate:** Troublesome but does not interfere with normal daily activity or sleep
- ◯ **Intense:** Severe itch, which is significantly troublesome and interferes with normal daily activity and/or sleep

How have hives impacted you?

Use this space to jot down any other information that could be helpful during your appointment.

Some details we suggest including are:

- Any over-the-counter or prescription medications you are currently taking
- Your CSU treatment history
- Important points from previous doctor discussions
- Additional questions, comments, or concerns

What is XOLAIR?

XOLAIR® (omalizumab) for subcutaneous use is an injectable prescription medicine used to treat chronic spontaneous urticaria (CSU, previously referred to as chronic idiopathic urticaria (CIU), chronic hives without a known cause) in people 12 years of age and older who continue to have hives that are not controlled with H1 antihistamine treatment. It is not known if XOLAIR is safe and effective in people with CSU under 12 years of age.

XOLAIR is not used to treat other forms of hives.

IMPORTANT SAFETY INFORMATION

What is the most important information I should know about XOLAIR?

Severe allergic reaction. A severe allergic reaction called anaphylaxis can happen when you receive XOLAIR. The reaction can occur after the first dose, or after many doses. It may also occur right after a XOLAIR injection or days later. Anaphylaxis is a life-threatening condition and can lead to death.

Continue reading symptoms of anaphylaxis on page 2.

Please see full Prescribing Information, including Medication Guide, for additional Important Safety Information.

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Questions to Bring to Your Appointment

Below is a list of questions to ask your healthcare provider to help you have a better understanding of XOLAIR and how it may help treat your CSU.

Keep track of your discussion by checking off these questions as you go along during your appointment:

- ◯ Would XOLAIR be an appropriate treatment to help with my hives?
- ◯ How does XOLAIR work differently than what I am currently taking?
- ◯ When can I expect to see results after starting XOLAIR?
- ◯ What are the potential side effects of XOLAIR?
- ◯ Should I keep taking my other CSU medications in addition to XOLAIR?
- ◯ Where would I receive my monthly injections and how long do they typically take?
- ◯ When should my next appointment be?

Helpful Tip!

Bring photos of your hives during flare-ups or outbreaks for your doctor to reference.

Use this space to write down any notes from the questions above:

Start Your CSU Conversation Out Right

Bring this guide to your next appointment and keep track of the important points discussed with your doctor.

Check out the links below for more helpful information:

FAQs
Take a look at frequently asked questions and answers about chronic hives and XOLAIR
xolair.com/csufaq

Support For You
Tap into our free program designed to provide timely support and relevant resources
xolair.com/csusupport

Financial Support
Find out about insurance coverage options and co-pay support programs
xolair.com/csufinancialsupport

IMPORTANT SAFETY INFORMATION (continued)

Severe allergic reaction. (continued) Go to the nearest emergency room right away if you have any of these symptoms of an allergic reaction:

- wheezing, shortness of breath, cough, chest tightness, or trouble breathing
- low blood pressure, dizziness, fainting, rapid or weak heartbeat, anxiety, or feeling of “impending doom”
- flushing, itching, hives, or feeling warm
- swelling of the throat or tongue, throat tightness, hoarse voice, or trouble swallowing

Your healthcare provider will monitor you closely for symptoms of an allergic reaction while you are receiving XOLAIR and for a period of time after treatment is initiated. Your healthcare provider should talk to you about getting medical treatment if you have symptoms of an allergic reaction.

Please see full Prescribing Information, including Medication Guide, for additional Important Safety Information.

IMPORTANT SAFETY INFORMATION (continued)

Do not receive and use XOLAIR if you are allergic to omalizumab or any of the ingredients in XOLAIR.

Before receiving XOLAIR, tell your healthcare provider about all of your medical conditions, including if you:

- have a latex allergy or any other allergies (such as food allergy or seasonal allergies). The needle cap on the XOLAIR prefilled syringe contains a type of natural rubber latex
- have ever had a severe allergic reaction called anaphylaxis
- have or have had a parasitic infection
- have or have had cancer
- are pregnant or plan to become pregnant. It is not known if XOLAIR may harm your unborn baby.
- are breastfeeding or plan to breastfeed. It is not known if XOLAIR passes into your breast milk. Talk with your healthcare provider about the best way to feed your baby while you receive and use XOLAIR.

Tell your healthcare provider about all the medicines you take, including prescription and over-the-counter medicines, vitamins, and herbal supplements.

How should I receive and use XOLAIR?

- When starting treatment, XOLAIR should be given by your healthcare provider in a healthcare setting.
- Do not try to inject XOLAIR until you have been shown the right way to give XOLAIR prefilled syringe or autoinjector injections by a healthcare provider. Use XOLAIR exactly as prescribed by your healthcare provider.
- The XOLAIR autoinjector (all doses) is intended for use only in adults and adolescents aged 12 years and older. For children 12 years of age and older, XOLAIR prefilled syringe or autoinjector may be self-injected under adult supervision.
- See the detailed Instructions for Use that comes with XOLAIR for information on the right way to prepare and inject XOLAIR.
- XOLAIR is given in 1 or more injections under the skin (subcutaneous), 1 time every 4 weeks.
- In people with chronic hives, a blood test is not necessary to determine the dose or dosing frequency.
- Do not decrease or stop taking any of your other hive medicine unless your healthcare providers tell you to.
- You may not see improvement in your symptoms right away after XOLAIR treatment.
- If you inject more XOLAIR than prescribed, call your healthcare provider right away.

What are the possible side effects of XOLAIR?

XOLAIR may cause serious side effects, including:

- **Cancer.** Cases of cancer were observed in some people who received XOLAIR.
- **Fever, muscle aches, and rash.** Some people get these symptoms 1 to 5 days after receiving a XOLAIR injection. If you have any of these symptoms, tell your healthcare provider.
- **Parasitic infection.** Some people who are at a high risk for parasite (worm) infections, get a parasite infection after receiving XOLAIR. Your healthcare provider can test your stool to check if you have a parasite infection.
- **Heart and circulation problems.** Some people who receive XOLAIR have had chest pain, heart attack, blood clots in the lungs or legs, or temporary symptoms of weakness on one side of the body, slurred speech, or altered vision. It is not known whether these are caused by XOLAIR.

The most common side effects of XOLAIR in people with chronic spontaneous urticaria: nausea, headaches, swelling of the inside of your nose, throat or sinuses, cough, joint pain, and upper respiratory tract infection.

These are not all the possible side effects of XOLAIR. Call your doctor for medical advice about side effects.

You may report side effects to the FDA at (800) FDA-1088 or www.fda.gov/medwatch. You may also report side effects to Genentech at (888) 835-2555 or Novartis Pharmaceuticals Corporation at (888) 669-6682.

Please see full Prescribing Information, including Medication Guide, for additional Important Safety Information.

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